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Housekeepers' Chat

Friday, July 18, 1930.

Not for Publication

Subject: "Vegetables to Serve with Meats." Information, including menus and recipes, from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Canning Fruits and Vegetables at Home."

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I'm going to give you two nice menus today -- two menus, and at least one recipe.

The other morning I called on the Menu Specialist. "Please tell me," I said, "good combinations of fresh summer vegetables to serve with meats."

The Menu Specialist pondered a moment. "Aunt Sammy," she said, "It's hard to name a combination of fresh summer vegetables that is not good to serve with meats. If the meat has a delicate flavor, like that of chicken or sweetbreads, of course we don't want to cover it up with smothered onions or sauerkraut. If the meat has a flavor that can hold its own, lamb or beef, for instance, or cured ham, then at least one of the vegetables needs to have rather pronounced flavor. Kohl-rabi, tomatoes, buttered onions, are all good with meats of distinctive flavor.

"Cold meats often call for a different kind of vegetable from hot meats. With any kind of cold sliced meat, for instance, French fried potatoes, or potato chips, or creamed potatoes go especially well. Oftentimes the same kind of meat, served hot, would have gravy with it, and then plain boiled or baked potatoes or rice would be much better.

"Then, of course, there is color to be considered. Nobody would like to have a plate, especially on a hot day, with carrots, beets, and tomatoes. But fresh green peas, sliced tomatoes and cucumbers, and potatoes or flaky rice would look as well as it tastes," concluded the Menu Specialist.

Now let me give you the two menus for today -- good combinations of meat and vegetables. First, the hot meat combination, and second, the cold meat combination.

Ready for the first menu? Brown Stew of Beef; Parsley Potatoes; Scalloped Eggplant; and Watermelon.

Here's the recipe for Scalloped Eggplant, with four ingredients:





1 large eggplant	1 quart canned or chopped raw tomatoes
4 tablespoons butter or other fat	2 teaspoons salt
1 green pepper, chopped	Pepper, and
1 small onion, chopped	1 cup bread crumbs

Eight ingredients, for Scalloped Eggplant: (Repeat)

Pare the eggplant, and cut it into small, even pieces. Melt 2 tablespoons of the fat in a skillet. Add the green pepper and onion. Cook for a few minutes. Add the tomatoes, eggplant, salt, and pepper. Cook for 10 minutes. Place the mixture in a shallow greased baking dish. Melt the remaining fat in a skillet. Stir in the bread crumbs. Sprinkle the crumbs over the eggplant. Bake in a moderate oven for 15 minutes, or until the eggplant is tender and the crumbs are browned.

Let's check this menu again; Brown Stew of Beef; Parsley Potatoes; Scalloped Eggplant; and Watermelon.

The second menu is the cold meat dinner: Cold Sliced Beef; Lattice Potatoes; Baked Tomatoes; Sliced Cucumbers; and Fruit.

Lattice potatoes are cut on a special slicer, and fried in the same way as French Fried Potatoes. Once more, the second menu: Cold Sliced Beef; Lattice Potatoes; Sliced Cucumbers; and Fruit.

There are two questions in the box today. First: "Why do the latest directions for home canning recommend the hot pack?"

Answer: The hot pack gives a better pack because the fruit or vegetables are shrunk before they are put into the cans. The food to be canned is given a short precooking, then packed hot into the cans, and processed in the water bath or pressure canner immediately.

The next question is a request for a recipe -- Tomato Preserves, made from the yellow pear-shaped tomatoes. If you are planning to make preserves from yellow tomatoes, I'm sure you'll like this recipe. Five ingredients, for Tomato Preserves:

8 pounds yellow, pear-shaped tomatoes	1-1/2 quarts water, and
6 pounds sugar	4 to 6 pieces ginger root
2 lemons, thinly sliced, with seeds removed	

Five ingredients, for Tomato Preserves: (Repeat)

Cook the lemons, until the skin is tender, in 1 pint of water. Boil together the remaining water and sugar to make a sirup, and drop in the tomatoes, ginger root, and the cooked lemon rind and liquid. Boil until the tomatoes are somewhat clear, and the sirup thick. Remove the scum, and pour the preserves into hot sterilized glass jars. Seal and store in a cool dry place.

Next Monday I'll have another menu for you, and at least one recipe.

